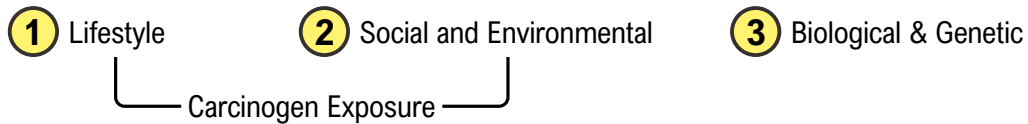



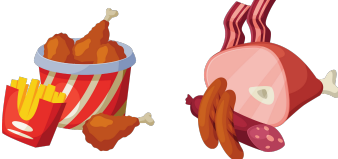


CONCEPT: CANCER RISK FACTORS

Lifestyle Factors

- ◆ Most cancers result from carcinogen exposure.
- ◆ Cancer development is a complex process influenced by a combination of various factors:



Lifestyle Factors Leading to Cancer (Ranked 1 – 4)	
1. Tobacco Use/Smoking	
	<ul style="list-style-type: none">• Leading cause of _____ and pancreatic cancer.• Cause of more than _____ lung cancer deaths.
2. Obesity & Physical Inactivity	
	<ul style="list-style-type: none">• Obesity increases the risk of breast cancer by _____.• High BMI increases the likelihood of dying from cancer.
3. Alcohol Consumption	
	<ul style="list-style-type: none">• The WHO states that no level of alcohol consumption is safe.• Associated with an ↑ risk of many cancers, notably _____ cancer and colon cancer.
4. Dietary Factors	
	<ul style="list-style-type: none">• Starchy foods cooked at ↑ temp have ↑ levels of _____ (probable human carcinogen).• Meats cured with salt, smoke, or nitrites ↑ risk of esophageal and stomach cancer.

EXAMPLE

Which of the following factors could be the least significant in increasing the risk of cancer?




- a) Working at a stressful job that requires sitting for hours.
- b) Going out for drinks every other weekend.
- c) Having obesity.
- d) Eating junk food once a month.
- e) Smoking 2 or more cigarettes a day.

CONCEPT: CANCER RISK FACTORS

Social and Environmental Factors

- ◆ Social and environmental factors also expose people to carcinogens.





Social and Environmental Factors	
1. Health Inequity	<ul style="list-style-type: none">Health _____ plays an important role in the number of deaths from cancer.- Ex: Black women have a ↑ risk of death from breast cancer than White women.
	
2. Occupational Exposure	<ul style="list-style-type: none">Exposure to carcinogens at the workplace ↑ risk of cancer.- Ex: Asbestos, diesel exhaust fumes, and coal tar.
	
3. Radiation Exposure	<ul style="list-style-type: none">Exposure to _____ is the leading cause of lung cancer in nonsmokers.Most skin cancers are caused by exposure to _____ radiation.
	

Biological and Genetic Factors

- ◆ Infections and genetic factors increase the risk of _____ damage that leads to the development of cancer.



Biological and Genetic Factors	
1. Infections	<ul style="list-style-type: none">More than _____ of all cancers in the U.S. are caused by infections.HBV and HCV increase the risk of liver cancer while _____ increases the risk of cervical cancer.
	
2. Genetics	<ul style="list-style-type: none">Approximately _____ of all cancers are caused by inherited genetic mutations.Prostate and breast cancers can run in families.- Mutated copies of BRCA1 and BRCA2 genes increase risk of breast cancer.
	

CONCEPT: CANCER RISK FACTORS

EXAMPLE

Which of the following is incorrect about the factors that contribute to developing cancer?

- a) Starchy foods fried at high temperature contribute to an increased risk of cancer.
- b) Living in a household of smokers increases the risk of cancer.
- c) Having a mother-in-law with breast cancer can increase a woman's risk of breast cancer.
- d) Excessive exposure to UV radiation is the leading cause of skin cancer.
- e) Exposure to diesel exhaust fumes increases the risk of lung cancer.

PRACTICE

Which of the following actions will not help in decreasing the risk of cancer?

- a) Quitting tobacco use.
- b) Drinking red wine instead of white wine.
- c) Using sunscreen.
- d) Being physically active.

PRACTICE

Which of the following vaccines is likely to decrease the risk of developing cancer?

- a) HPV vaccine
- b) Polio vaccine
- c) MMR vaccine
- d) Influenza vaccine

PRACTICE

Which of the following actions will cause the most significant reduction in the risk of pancreatic cancer?

- a) Quitting alcohol use.
- b) Using protective gear at work.
- c) Maintaining a healthy body weight.
- d) Smoking cessation.